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For the Members of the Edward H. Nabb Research Center for Delmarva History and Culture at Salisbury University

Surviving the Odds: Life Without "Modern Medicine"

By S. Wayne Rose Jr.

Do you have bad breath? Chewing on some charcoal should fix that. What about a cold? Why take Nyquil when you could just as easily dip your feet in warm water, bind them with sliced onions and then drink a cup of tea before you go to sleep? While these treatments may seem a bit odd nowadays, they would have been perfectly acceptable home remedies to people in the 19th century.

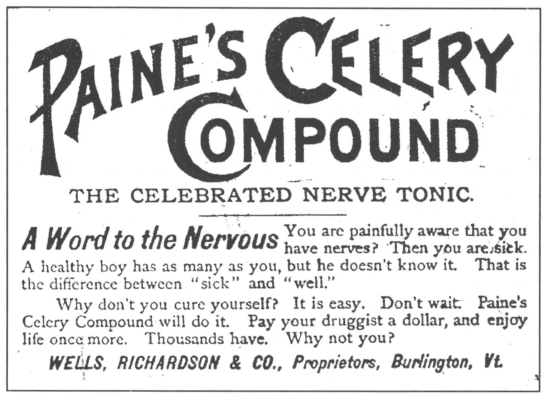
Today, many people seem to be dependent on doctors and modern medication to get over their illnesses. Antibiotics, blood thinners and antacids are all medicines that are readily available today either by prescription or over the counter. Without these medicines, as well as the care of a doctor, many of us wouldn't have any idea what to do when we or someone we know becomes ill. Without the luxury of having these modern treatments readily available, people of the 19th century would have had to use simpler methods to help treat the sick, utilizing more readily available materials. The lack of immediate access to doctors caused people to stick with home remedies. People created these remedies through the process of trial and error. When a certain treatment seemed to be working, it would be remembered or written down so that future patients would have this information at their disposal if they ever needed it. Some people even compiled entire books based on their experiences with different treatments. They did this so that the everyday family could purchase "medicines" to keep at their households to use as needed.

One such book was *The Family Nurse* written by Lydia Childe in 1837. She opened her book with a warning to shy away from the use of medicine unless the condition was otherwise untreatable without it. Childe presents an epitaph from a gravestone, saying: "I was well; would be better; took physic; and here I am." Childe would not have been the only person who felt this way about the modern medicines available in the 19th century. During this time period, there was little if any regulation of the drugs and remedies that were on the market. With the lack of regulation, many people would not have trusted that the medicine they purchased would do what it claimed to do. They may not even have been sure that the medicine was made out of what it was supposed to have been made out of. This was another one of the reasons that many people in the 19th century continued to use home remedies to solve their medical problems.

SEVEN
SEVENTEEN
SEVENTY
To cure Biliousness, Sick Headache, Constipation, Malaria, Liver Complaints, take the safe and certain remedy,
SMITH'S
BILE BEANS
Use the SMALL Size (40 little Beans to the bottle). THEY ARE THE MOST CONVENIENT.
Suitable for all Ages.
Price of either size, 25c. per Bottle.
KISSING AT 1-17-70 "PHOTOGRAVURE" PANEL SIZE
Mailed for 4 cts. (coppers or stamps)
J.F. SMITH & CO. Makers of "BILE BEANS." ST. LOUIS MO.

Smith's Bile Beans advertisement from Salisbury Advertiser April 4, 1890.

Some of the more interesting home remedies or treatments from this book include the above-mentioned charcoal for bad breath and soaked onions for a cold; however, there are many others that seem to be more logical and possibly have the ability to help actually treat some of the symptoms that the patient is showing. For example, to help someone who appears to have been drowning, the book describes how to give what we today would call CPR: "A strong person may hold his nostrils and blow his breath into the patient's mouth with all his force; if the chest rises, desist from blowing, and press the breast." This is very similar to the CPR practiced today.


PAINE'S CELERY COMPOUND

THE CELEBRATED NERVE TONIC.

A Word to the Nervous You are painfully aware that you have nerves? Then you are sick. A healthy boy has as many as you, but he doesn't know it. That is the difference between "sick" and "well."

Why don't you cure yourself? It is easy. Don't wait. Paine's Celery Compound will do it. Pay your druggist a dollar, and enjoy life once more. Thousands have. Why not you?

WELLS, RICHARDSON & CO., Proprietors, Burlington, Vt.

Advertisement for Payne's Celery Compound from Salisbury Advertiser September 1, 1888.

As the 19th century progressed, more and more treatments and medicines became available and more people would have had access to a physician. Even with this advancement, the use of home remedies and treatments was still very popular. Dr. Chase's *Third, Last and Complete Receipt Book*, written in 1890 by A.W. Chase, is a remedy book containing a number of different treatments, including both home remedies as well as more "modern" store-bought medicines. An interesting comparison between Chase's book and that of Childe is that Chase also included a treatment for someone who was drowning. Even though Chase is more modern and recent than Childe, Childe gives a treatment more closely resembling what we might do today. Chase describes a procedure in which the patient is turned on to his stomach with his legs held in the air while pressure is applied to his lower back to drain the water out of the body. After this process has been completed, the people performing the procedure would flip the patient on his back and begin slapping his hands and feet while someone else pushed downward on his ribs to encourage breathing. While Chase does show some similarities to what we would do today, Childe's procedure is much more similar even though it was from about 50 years earlier. One of the more modern medicines that Chase mentions is the use of Ayer's Cherry Pectoral. This was said to be used for coughs, colds and consumption, basically a 19th century cough syrup. What made medicines like this special was the fact that they were manufactured and sold in stores where anyone could buy them. These store-bought medicines were a step in the direction of how most of us today would go about treating ourselves at home.

Besides the differences in treatments between the 19th century and today, the way we view certain conditions and the way people in the 19th century thought of them could also be completely different. Some of their views probably wouldn't be considered politically correct by today's standards. In Chase's *Complete Receipt Book*, there is

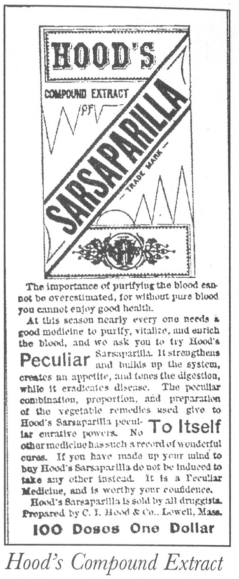
(continued)

a section called "FAT PEOPLE - Food to Reduce Their Fleshiness" which suggests that, "If fat people, therefore, would use less fat and more of lean meats ... and labor more in open air, the fat would disappear." Chase also mentions that he believes "indolence and self-indulgence are the mothers of fatness." As we know today, there could be any number of causes for a person to be obese, including many that are medical in nature. In general, eating healthier and exercising more would appear to be good recommendations for someone who may want to drop a few pounds, but the use of the term "fat" and the way Chase describes overweight people would not be considered politically correct today.

Another section that might not be considered politically correct today is a section titled "LIQUOR - A Cure for the Love of it." The treatment that Chase describes is to eat an orange every morning a half hour before breakfast. "'Take that,' said the doctor, 'and you will neither want liquor or medicine.'" Today "a love for liquor" is known as alcoholism, and the cure to alcoholism is a long and hard process that cannot be shortened simply by eating an orange every morning before breakfast. One good piece of advice that Chase offers in this section is to try as best as possible to stay away from others who are drinking because it will be much easier to stop if you are not tempted. Chase says that, "If a man does not want to drink, he need not; if he wants to drink, nothing can save him. He is bound to destruction." This section portrays alcoholism as something that is easy to cure and only requires some strong will-power to stop.

Since these books were meant for use in the home, it can be expected that most of the treatments, such as the one above, used only minimal resources. Many of these remedies would have been made from items easily accessible to the typical 19th century man or woman without even having to leave home. Some of the ingredients would have included herbs or roots from the family garden; even milk was sometimes used to help treat various illnesses. Chase lists milk as a possible treatment for diarrhea, dysentery, cholera, typhoid fever, scarlet fever and even as a preventative to lead poisoning. Childe includes an entire section dedicated to herbs and roots and their various uses, such as horseradish to promote appetite and digestion. I would not recommend using any of these treatments today just in case something is seriously wrong, but it would be interesting to see if any of the more basic ones would actually be beneficial. A little horseradish never hurt anybody.

There is no doubt that modern medicine is very beneficial and should be used when necessary, but people have gotten by for thousands of years without it. The next time I'm feeling sick to my stomach maybe I will drink a cup of milk before I decide to take a few Tums – there can't be any harm in that. Next time you get sick, think about what life in the 19th century would have been like. Instead of going to a doctor to get a prescription for medicine, the individual may have simply looked in the family remedy book and hoped for the best. In a time when medicine wasn't regulated, it was a lot easier for someone to put their faith in a home remedy that might have worked personally for them or a family member in the past. Even though some of these home remedies do seem strange, and some need to be taken with a grain of salt, they were often successfully used to help treat the sick during the 19th century.


HOOD'S
COMPOUND EXTRACT
SARSAPARILLA
TRADE MARK
The importance of purifying the blood cannot be overestimated, for without pure blood you cannot enjoy good health.
At this season nearly every one needs a good medicine to purify, vitalize, and enrich the blood, and we ask you to try Hood's Sarsaparilla. It strengthens
Peculiar
and builds up the system, creates an appetite, and tones the digestion, while it eradicates disease. The peculiar combination, proportion, and preparation of the vegetable remedies used give to Hood's Sarsaparilla peculiar curative powers. No
To Itself
other medicine has such a record of wonderful cures. If you have made up your mind to buy Hood's Sarsaparilla do not be induced to take any other instead. It is a Peculiar Medicine, and is worthy your confidence.
Hood's Sarsaparilla is sold by all druggists. Prepared by C. I. Hood & Co., Lowell, Mass.
100 Doses One Dollar

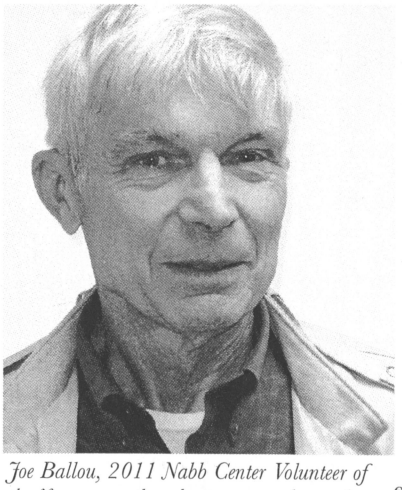
Hood's Compound Extract of Sasparilla advertisement from Salisbury Advertiser, February 15, 1890

S. Wayne Rose Jr. is a history graduate and former intern at the Nabb Center.

Joe Ballou Named 2011 Volunteer of the Year

By Corey Sznajder

Joe Ballou has been named 2011's Volunteer of the Year by the Edward H. Nabb Research Center for his contributions and willingness to help out on a regular basis. A New Hampshire native, Ballou started visiting the Nabb Center after he retired in 2001 from a civilian computer company, following a 23-year career with the Navy and subsequent employment with the U.S. government. Ballou's knowledge of computers and his wife Carolyn's interest in local genealogy and her curiosity regarding the history of the Eastern Shore eventually led him to join her in volunteering at the Nabb Center. That fascination has carried over to Joe, and it is one of the reasons why he volunteers at the Nabb.



Joe Ballou, 2011 Nabb Center Volunteer of the Year, currently volunteers as a docent for the Center's Main Street Salisbury exhibit.

"My wife became associated with the Nabb before I did," Ballou said. "The Center was open later on Mondays, and she said that she would be more comfortable if someone went with her, so I started coming to the Center with her." Also, his work with computers led him to volunteer at the Nabb in testing some computer programs that have been installed at the Center in recent years. "They [the Nabb] needed someone to test some new programs that were being written, and my background is in that, so I decided to help pitch in," he said.

Carolyn was born and raised in Salisbury, and since her family, the Wallers, are also from the area, she may have had ties to Delmarva's rich history. Unfortunately, an illness kept Carolyn from volunteering at the Nabb for some time before she eventually passed away. Joe's dedication to the Nabb is rooted in his love for his wife, and a lot of the studying he does at the Center is for her. "Most of my interest in the Nabb relates to my wife and how much time she spent at the Research Center," he said.

According to Ballou, his wife's family may also have some ties to the area's involvement in the War of 1812. An upcoming lecture at the Nabb on Thursday, March 29, at 7 p.m. by Ross Kimmel, will feature the Eastern Shore's role in the war.

"My wife's family has a lot of interest in the War of 1812, so I plan on attending the event to see what I can find out."

Volunteers are always a valuable asset to any kind of organization, so Ballou's devotion to assisting the Nabb on a regular basis is appreciated by both the staff and those who visit the Center. Ballou and his contributions to the Nabb are highly regarded, amply justifying his being presented with this award.

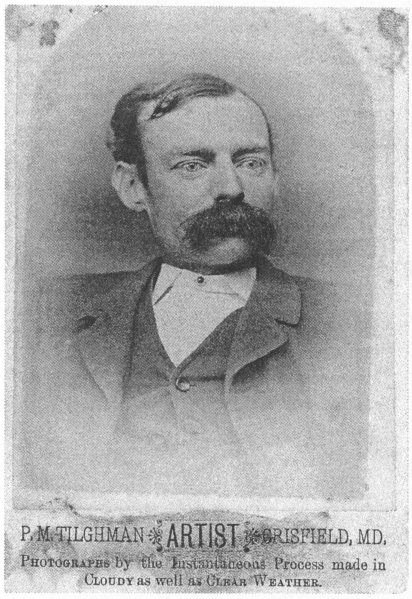
"The Research Center is a nice resource to have for the people in the community and at the University," Ballou said. "The staff there is very knowledgeable and is always there to help you out with a smile on their faces."

Corey Sznajder is a communication arts major, currently interning at the Nabb Research Center.

Behind the Lens

By David Ranzan and Kelly Jenney

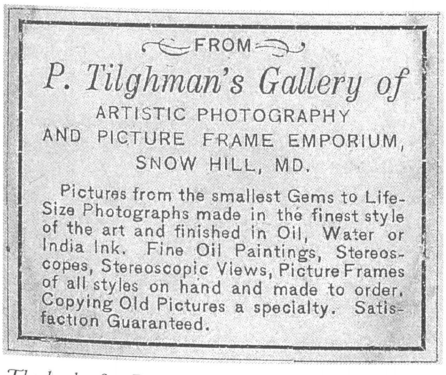
A picture is worth a thousand words, especially in historic value, but often the real treasure lies on the back of the photograph. On the back of photos labeled "P. Tilghman's Gallery of Artistic Photography," it reads, "Satisfaction Guaranteed." A photographer on the Eastern Shore in the mid- to late-1800s, Peter Tilghman captured history and helped create a glimpse into the past. Peter Marion Tilghman was born on June 12, 1846, in Worcester County, MD. He was the son of Sampson Peter Tilghman (1804-1880) and Harriet Esham (1810-1850). Peter had three brothers, George, Noah and Alfred, and a few half-siblings from his father's first marriage to Margaret White. As a boy, he lived in Nutters District in 1850, then part of Worcester County. In 1860, he worked as an apprentice to a 26-year-old farmer, William McKee, in Worcester County's Atkinson District.



"Little" Ned Gunby poses for picture at P. Tilghman's Gallery of Artistic Photography.

During the Civil War, Tilghman travelled to Chincoteague, VA, a day before his 18th birthday and enlisted as a private in Company A of the First Loyal Infantry Regiment of Virginia. He served until November 24, 1865, when he allegedly deserted Camp Hamilton (located in present-day Phoebus, VA). This charge was later removed from his record in July 1884. After the war, Tilghman returned home to Nutters District and married Martha J. Causey. Together, they had a son, Merill Henry (1875-1927). As of 1870, the married couple, Peter and Martha, resided in Smyrna, DE, where Peter was employed as a painter. The couple divorced before 1878. Sometime before his divorce, Peter took up photography as a business. His career spanned from 1881-1890 according to state directory records, but according to the journal of a business partner, it appears his career began earlier. Shortly after beginning his career, Tilghman met and partnered with Captain Leonard S. Tawes in the late 1870s. Tawes, in a journal about his life, commented that "Peter was a single man then, as well as myself," which indicates that the two met after Tilghman had already gotten divorced from his first wife Martha and before Tawes had married. Together they ran the gallery, which, in an entry of Tawes', is described as "a novelty store," selling "picture frames and pictures, glass, cigars and tobacco and pictures of people." The business was located at 35 Main Street in Crisfield, MD.

Tawes had little knowledge about photography, so he "stayed in the store and sold goods and received the patrons of the picture gallery and entertained them until [Tilghman] could receive them in the gallery." They opened the business on November 1, 1878, according to Tawes' journal, but their partnership dissolved a little more than a year later, in spring 1879, after Tawes was married. Tawes wrote in his journal "things looked dull and I sold my interest and concluded I had better get back to sea." He married on February 12, 1879, and "as [he] was not doing much in this store and now being married, [he] plainly saw the necessity of making money." Tawes' house from his time in Crisfield is a historic home, preserved in its late Victorian style.


FROM
P. Tilghman's Gallery of
ARTISTIC PHOTOGRAPHY
AND PICTURE FRAME EMPORIUM,
SNOW HILL, MD.

Pictures from the smallest Gems to Life-Size Photographs made in the finest style of the art and finished in Oil, Water or India Ink. Fine Oil Paintings, Stereoscopes, Stereoscopic Views, Picture Frames of all styles on hand and made to order. Copying Old Pictures a specialty. Satisfaction Guaranteed.

The back of a Peter Tilghman photograph.

After Tawes' departure, Tilghman married a woman named Isara Anne Lewis on May 11, 1880, in Onanock, Accomack County, VA, with J. Carson Watson, a Methodist minister officiating. The couple had four children together. The oldest, who took his father's middle name, was Marion Haines. He was born August 20, 1881. Ruth Winifred, their only daughter, was born March 7, 1897. Peter and Isara had a son, Simmons Peter, on November 20, 1896. Simmons married Emily Anne Lawson Tilghman and they had a daughter, Anne Tilghman Berch Muller. She was born in Crisfield and died October 24, 2010, fewer than two years ago.

Tilghman's talents in photography are preserved in his "Smallest Gems," the baseball card-sized portraits that are crafted in "Oil, Water, or India Ink," according to the back of the card. Taking and developing the portraits seemed to be Tilghman's main task at the gallery, while Tawes manned the selling of other goods. Other services were offered as well. They crafted their own "Fine Oil Paintings, Stereoscopes, Stereoscopic Views, Picture frames of all styles on hand and made to order." They even copied old pictures as a "specialty." But Peter Tilghman's Gallery of Artistic Photography and Picture Frame Emporium was not the only one of its kind. In Crisfield alone, there was competition. T.S. Lawson was also a photographer in the area at that time. There were many other photographers in the surrounding areas as well, such as D.J. Gordon from Pocomoke City, who worked from 1891-1897, the same period as Tilghman. L.W. Sparks also worked from 1899-1901 in Pocomoke City. Even with the competition, Tilghman's career was a successful one as his portraits live on for as pieces of history and references to the past.

Back of a cabinet card. Many photographers during the mid to late 1800s would make elaborate backings for their cards.

David Ranzan is the University archivist. Kelly Jenney is an English major and current Nabb Center intern.

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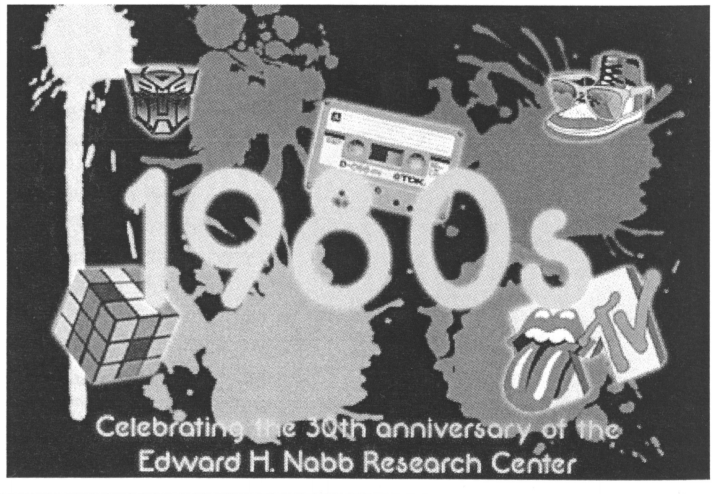
Exhibits and Events - Spring 2012

The Storm of '62, Online Exhibit • March 6-June 30
http://nabbhistory.salisbury.edu/archives/exhibits/digitalexhibits.asp
From March 6-8, 1962 a deadly storm hit the mid Atlantic coast. Considered one of the 10 worst storms in the United States in the 20th century, this storm caused numerous injuries and deaths, as well as hundreds of millions of dollars in property damage. This online exhibit shows the destructive nature of the storm on the Delmarva region.

Delmarva History Series: The Eastern Shore and Its Role in the War of 1812 with Ross Kimmel, Lecture
Thursday, March 29 • 7 p.m., Nabb Center Gallery
To many Americans, the War of 1812 was the second War of Independence. Much of the war took place locally, in the Chesapeake Bay area, with St. Michaels, MD; Lewes, DE; and Tangier Island, VA, seeing action. Eastern Shore figures such as Levin Winder, wartime governor of Maryland, and Joshua Thomas, the "parson of the islands," played important roles in this not well remembered conflict between Britain and her former upstart colony in America. Co-sponsored by the Office of the President and teh Fulton School of Liberal Arts.

The Tide Rises: Sea Level Change through Time on the Eastern Shore with Dr. Beth Ragan, Lecture
Thursday, April 12 • 7 p.m., Nabb Center Gallery
Dire predictions have been made about how rising sea levels caused by global warming might affect Delmarva. How real is the threat? While the future is always uncertain, look back at the past to see the interplay of land and water over thousands of years, and how changes have impacted the people living here – and the archaeological evidence for that past.

"Step Back in Time" Fundraiser
Saturday, April 21 • 6-9 p.m., Commons, Bistro
The Edward H. Nabb Research Center for Delmarva History and Culture celebrates its 30th anniversary this year. In honor of this milestone, the Nabb Center celebrates by stepping back in time to honor 30 years of preserving Delmarva history and culture. Tickets are $75. Make checks payable to Salisbury University Foundation, Inc.